

Initial Diagnosis:

- ▶ Establish asthma diagnosis.
 - Consider asthma in the differential diagnosis.
 - Use spirometry.
 - Use trials of medication.

Follow-up Visits:

- ▶ Classify severity using NHLBI standards.
 - Use objective measures (spirometry or peak flow).
 - Use patient report of symptoms.
- ▶ Treat based on severity using the step-care approach.
 - Provide/adjust quick relievers and long-term controllers to attain optimal functioning.
- ▶ Educate patients to manage their own care.
 - Understand role of quick relievers and long-term controllers.
 - Self-monitor using peak flow meter.
 - Recognize signs/symptoms of worsening asthma.
 - Know when to call primary care provider.
- ▶ Provide a written action plan for patient.

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Follow-up Visits *(continued)*

- ▶ Preventive maintenance/trigger avoidance.
 - Assess triggers and plan environmental controls with patient.
 - Vaccinate for influenza.
 - Provide smoking cessation counseling for patient and family.
- ▶ Follow-up on regular schedule.

Emergency Management of Asthma Exacerbations:

- ▶ Initial objective assessment using:
 - Pulse oximetry.
 - PEF or FEV₁.
- ▶ Treat promptly using:
 - Corticosteroids.
 - Beta₂-agonists.
- ▶ Assess response to therapy using objective measures.
- ▶ Discharge patient with appropriate education, including:
 - Written instructions.
 - Appropriate follow-up plan.

Telephone Triage:

- ▶ Assess the severity of the exacerbation.
- ▶ Review the action plan with patient.

